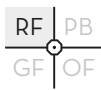


# Eat better Be happier Live longer



FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed not only to maximize the organoleptic pleasure, but also considering their nutritional value. 80% of our offer is *plant-based* and the remaining 20% are recipes that contain oily fish. Nowadays there are hardly any doubts about the correlation between a proper diet and a strong illness-free health. We feel passionate about feeding you better thus you can be happier and live longer with an optimal health.

*Welcome to the fascinating world of Tasty + Healthy + Sustainable food!*



## RAW FOOD

The enzymes and vitamins are sensitive to temperatures above 48°C, dying above 54°C. That's why all the dishes marked with **RF** are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact.



## PLANT-BASED

All the dishes marked with **PB** are elaborated using only veggie-based ingredients. Plants, vegetables, fruits, nuts and seeds, in their natural state, have the largest amount of vitamins, nutrients and enzymes in nature.



## GLUTEN-FREE\*

Every gluten-free dish is marked with **GF**. This means that all these dishes are flour free or contain other kinds of gluten-free flours (quinoa, almond, buckwheat, coconut...).



## OILY FISH

Dishes marked with **OF** contain oily fish. Those fish contain big amounts of omega-3 essential fatty acids and its nutritional benefits have been widely proved.

**FLAX&KALE**

\*We cannot guarantee the absence of cross contamination.

If you're allergic or intolerant to any kind of food, please notify us immediately.

# KOMBUCHA LAB

SPARKLING | FERMENTED PROBIOTIC | NATURALLY ENERGIZING

Kombucha is a beverage which is fermented by a cultive of organisms with many health benefits.

Tea and sugar are the base of kombucha because they contain a number of nutrients and compounds that feed the cultive (soby), including nitrogen and tea. SCOBY is the acronym for "symbiotic culture of bacteria and yeasts" also known as "mother".

Among its benefits: helps to reinforce the immune system, balance the intestinal flora, revitalize the body and improve cardiovascular health.

## Kombucha (400 ml.)

Plant-based | Gluten-free | Non pasteurized | Non HPP | Non GMO

|  |  |  |
|--|--|--|
|  |  | <b>SYMBIOTIC PASSION</b>   4,95€<br>passion fruit + pineapple + bancha tea |
|  |  | <b>BLUE MOJITO</b>   4,95€<br>yuzu + spirulina + mint                      |
|  |  | <b>MR. BARRI</b>   4,95€<br>raspberry + strawberry + camu-camu             |
|  |  | <b>MOTHER AFRICA</b>   4,95€<br>ginger + hibiscus + orange                 |
|  |  | <b>MASALA CHAI</b>   4,95€<br>garam masala + ginger                        |
|  |  | <b>SPICY GIRL</b>   4,95€<br>lime-lemon + coriander + <i>jalapeño</i>      |
|  |  | <b>DRAGON LEMONADE</b>   4,95€<br>pitaya + lime + lemon                    |
|  |  | <b>ORANGE FANTASY</b>   4,95€<br>orange + lemon                            |
|  |  | <b>LEMON FANTASY</b>   4,95€<br>lime + lemon                               |
|  |  | <b>KOMBUCOLA</b>   4,95€<br>secret formula                                 |

NEW

Do not shake | Not recommended for children under 10 or women who were pregnant or breastfeeding.

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

# COLD-PRESSED JUICES (400 ml.)





RAW\* | PLANT-BASED\*\* | NON PASTEURIZED | NO ADDED SUGARS\*

\* Except Virus Killer + Energy Boost + Digestive Elixir | \*\* Except Virus Killer + Energy Boost

|                    |   |   |
|--------------------|---|---|
| RF   PB<br>GF   OF |    | <b>GREEN LOVE</b>   4,95€<br>apple + spinach + cucumber + lemon + parsley + kiwi + ginger                       |
| RF   PB<br>GF   OF |    | <b>GREEN SLIM FIT</b>   4,95€<br>apple + spinach + fennel + rocket + celery + parsley + ginger + kiwi + lemon   |
| RF   PB<br>GF   OF |    | <b>GREEN MEDICINE</b>   4,95€<br>pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon             |
| RF   PB<br>GF   OF |    | <b>β CAROTENO</b>   4,95€<br>carrot + apple + coconut water + lemon   |
| RF   PB<br>GF   OF |    | <b>FOREVER YOUNG</b>   4,95€<br>carrot + apple + grape + pineapple + orange                                     |
| RF   PB<br>GF   OF |   | <b>PASSION GRAPEFRUIT</b>   4,95€<br>tangerine + apple + grapefruit + strawberry + passion fruit + ginger       |
| RF   PB<br>GF   OF |  | <b>MY SWEET HORNY</b>   4,95€<br>pineapple + apple + passion fruit + aloe vera + maca                           |
| RF   PB<br>GF   OF |  | <b>VIRUS KILLER</b>   4,95€<br>pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger |
| RF   PB<br>GF   OF |  | <b>BLUE DIAMOND</b>   4,95€<br>apple + pineapple + pear + grape + ginger + lemon + spirulina                    |
| RF   PB<br>GF   OF |  | <b>THE VEGAN VAMPIRE</b>   4,95€<br>pear + beetroot + carrot + orange + pineapple + lemon + ginger              |
| RF   PB<br>GF   OF |  | <b>DETOX</b>   4,95€<br>carrot + lettuce + cucumber + beet + tomato + fennel + spinach + celery + kale          |
| RF   PB<br>GF   OF |  | <b>DIGESTIVE ELIXIR</b>   4,95€<br>osmotized water + lime + blueberries + maple syrup + activated charcoal      |
| RF   PB<br>GF   OF |  | <b>ENERGY BOOST</b>   4,95€<br>osmotized water + cucumber + honey + lemon + orange water + flower pollen        |







# SEASON SPECIALS (400 ml.)

PLANT-BASED | GLUTEN-FREE | NON PASTEURIZED | NO ADDED SUGARS

|   |   |            |
|---|---|------------|
|  |  <b>BLOODY TERE</b>   4,95€<br>tomato + lemon + ginger + Tabasco |            |
|  |  <b>COCOON</b>   4,95€<br>100% organic young coconut water       | <b>NEW</b> |

# SMOOTHIES (400 ml.)

RAW | PLANT-BASED | NON PASTEURIZED | NO ADDED SUGARS

|   |  |  |
|---|--|--|
|    |  <b>ANTIOX</b>   4,95€<br>orange + kiwi + strawberry  |  |
|    |  <b>BERLIN</b>   4,95€<br>orange + mango + strawberry + cranberries + beetroot + activated charcoal                  |  |
|  |  <b>MOLOKAI</b>   4,95€<br>apple + mango + banana + coconut water + spinach + kale<br>+ almond cream + basil + mint |  |

# FROZEN SMOOTHIES

RF | PB  
GF | OF

**AÇAÍ** | GLASS: 5,95€ | BOWL: 8,95€

GLASS: *açaí do Brasil* + banana + strawberries + housemade cashew plant-based drink + agave syrup + hemp seeds

BOWL: + blueberries + housemade crumble with Brazilian nuts + Goji berries

RF | PB  
GF | OF

**TERESA'S FAVORITE SMOOTHIE** | 5,95€

housemade almond plant-based drink + strawberries + almond butter + agave syrup + vanilla

# WATER

**PURIFIED WATER** | 2,50€

osmosis purified and alkalized low mineral water (8pH min.)

**TONIC WATER** | 2,50€

# BEER



|  |                |                |
|--|----------------|----------------|
| CAÑA ESTRELLA DAMM CLÁSICA                         | 20 CL<br>1,95€ | 35 CL<br>2,95€ |
| CLARA HOUSEMADE<br>beer with housemade lemon juice | 20 CL<br>2,25€ | 35 CL<br>3,25€ |
| O,0% DAMM BEER                                     |                | 33 CL<br>2,75€ |
| GLUTEN-FREE DAMM BEER                              |                | 33CL<br>2,95€  |

# FLAX & KALE WINE



|   |       |        |
|---|-------|--------|
| WHITE   <small>ECO   VEGAN</small><br>garnacha blanca + chardonnay + muscat de Frontignan<br>(D.O. Penedès) | 3,50€ | 15,95€ |
| RED   <small>ECO   VEGAN</small><br>tempranillo + garnacha negra (D.O. Penedès)                             | 3,50€ | 15,95€ |

# TEA WORLD

## TETERUM

We trust Teterum for their organic and sustainable teas.

*\*contains nuts*

|  |       |  |       |
|--|-------|--|-------|
| MATCHA LATTE                           | 2,90€ | ROOIBOS   <small>ECO</small>               | 2,50€ |
| CHAI TEA LATTE                         | 3,50€ | MASAI MASALA ROOIBOS*   <small>ECO</small> | 2,50€ |
| BLACK CHAI   <small>ECO</small>        | 2,50€ | DIGESTIVE TEA   <small>ECO</small>         | 2,50€ |
| GREEN (SENCHA)   <small>ECO</small>    | 2,50€ |  |       |
| RED (PU ERH)   <small>ECO</small>      | 2,50€ |  |       |
| BLACK (EARL GREY)   <small>ECO</small> | 2,50€ |  |       |

# SPECIALTY COFFEE

## RIGHT SIDE

Flax & Kale trust La Marzocco and Right Side Coffee for their know-how and professionalism on this subject. All our coffee are 100% natural, seasonal and specialty coffee. High-quality, sustainable, honest coffee.

### ESPRESSO



**ESPRESSO** | 1,80€  
18 ml. of coffee in a cup (9 g. of coffee)



**LONG BLACK (AMERICANO)** | 1,80€  
90 ml. of hot water  
+ 18 ml. of coffee in a cup (18 g. of coffee)

### REGULAR FILTERED COFFEE

*rellena gratis*



**MOCCAMASTER EXTRACTION** | 2,00€  
high-quality filter coffee, great taste and aroma,  
only for true coffee lovers.

### COMBINE WITH YOUR FAVORITE DRINK

*coffee extra shot + 1,00€*



**MACCHIATO** | 2,00€  
40 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**CAPPUCCINO** | 2,30€  
120 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**FLAT WHITE** | 2,90€  
100 ml. of milk or plant-based drink\*  
+ 36 ml. of coffee in a cup (18 g. of coffee)



**LATTE** | 2,60€  
225 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)

*\*Replace the milk for a plant-based drink:  
soy | oat | hazelnut-rice | almond-oat*

#### *Flax & Kale Sustainable Program*

purchase a reusable  
F&K mug (2,95€) and  
every time you present it,  
you will get 0,50€ off  
in all coffees